























# WesleyLife Meals on Wheels - October 2024

Route : \_\_\_\_\_

Menu Instructions: Please circle your choices and return by 9/13/24 or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: \_\_\_\_\_

Write 'DELI' over the day to choose the deli option.

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b><i>This Week's Deli Meal</i></b> Egg Salad 7.5 Lettuce & Tomato 2.1 Carrot Raisin Salad 14.7 Multi-Grain Bread 28 Fresh Seasonal Fruit 17.3 Fudge Round Cookie 23 Milk 11.3		<b>1</b> CHO (A) Shredded Pork  0 BBQ Sauce 11.6 Au Gratin Potatoes 15.5 Baked Beans 31.5 Hamburger Bun 21.6 Strawberry Cake 31.6 Milk 11.3 (B) Beef Patty 2 Ketchup & Mustard 2.8	<b>2</b> CHO (A) Beef & Bow Tie 21.4 Broccoli 4 Multi-Grain Bread 14 Fresh Seasonal Fruit 18.6 Milk 11.3 Margarine 0 (B) Baked Chicken w/Tomato Basil Sauce 3 Buttered Egg Noodles 20.2	<b>3</b> CHO (A) Baked Chicken Breast 0 Poultry Gravy 1.4 Mashed Potatoes 14.8 Garden Vegetable Blend 11.6 Wheat Roll 13 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 (B) BBQ Rib Patty  15.1	<b>4</b> CHO (A) Parmesan Chicken 17.7 Green Beans 6.8 Tossed Salad 1.7 Whole Wheat Bread 12 Fresh Seasonal Fruit 18.6 Chocolate Milk 30.6 Salad Dressing 1.7 Margarine 0 (B) Spaghetti Casserole 20.1	<b>5</b> CHO (A) Potato Crusted Pollock 15 Macaroni & Cheese 21.3 Green Peas 12.9 Whole Wheat Bread 12 Carnival Cookie 23.8 Milk 11.3 Margarine 0 (B) Popcorn Chicken Honey Mustard Sauce 14 8.5	<b>6</b> CHO (A) Beef Patty 2 Ketchup & Mustard 2.8 Au Gratin Potatoes 15.5 Baked Beans 31.5 Hamburger Bun 21.6 Strawberry Cake 31.6 Milk 11.3 (B) Shredded Pork  0 BBQ Sauce 11.6
<b><i>This Week's Deli Meal</i></b> Chef Salad*  5.6 *Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots Pasta Salad 22 Applesauce 16.6 Milk 11.3 Ranch Salad Dressing 2.5	<b>7</b> CHO (A) Beef Taco 3.2 Mexican Rice 21.8 Bush's Black Beans 24 Flour Tortilla 17.8 Applesauce 16.6 Milk 11.3 Taco Sauce 1.8 (B) Fajita Chicken 1.7	<b>8</b> CHO (A) Shredded Pork  0 BBQ Sauce 12 Green Beans 6.8 Hamburger Bun 21.6 Apple Crisp 46 Milk 11.3 (B) Hamburger Ketchup Mustard 2 2.5 0.3	<b>9</b> CHO (A) Chicken Corn Chowder 20 Mashed Potatoes 14.8 Glazed Carrots 27.9 Whole Wheat Bread 12 Brownie 27.1 Milk 11.3 Margarine 0 (B) Country Fried Steak Country Gravy 16.1 2.5	<b>10</b> CHO (A) Beef Enchilada Pie 22.7 Northern Beans 19.4 Tossed Salad 1.7 Whole Wheat Bread 12 Orange 11.2 Milk 11.3 Salad Dressing 1.7 Margarine 0 (B) Turkey Ham & Broccoli Casserole  28.9	<b>11</b> CHO (A) Potato Crusted Pollock Tartar Sauce 15.1 0.7 Mashed Potatoes 14.8 Harvard Beets 19.7 Whole Wheat Bread 12 Strawberry Fruited Gelatin 27.9 Chocolate Milk 30.6 Margarine 0 (B) Apple Glazed Pork  8	<b>12</b> CHO (A) Fajita Chicken 1.7 Mexican Rice 21.8 Bush's Black Beans 24 Flour Tortilla 17.8 Applesauce 16.6 Milk 11.3 Taco Sauce 1.8 (B) Beef Taco 3.2	<b>13</b> CHO (A) Hamburger 2 Ketchup 2.5 Mustard 0.3 Green Beans 6.8 Hamburger Bun 21.6 Apple Crisp 46 Milk 11.3 (B) Shredded Pork  0 BBQ Sauce 12
<b><i>This Week's Deli Meal</i></b> Cranberry Chicken Salad 19 Tossed Salad 4.9 Wheat Roll 13 Fresh Grapes 16.8 Milk 11.3	<b>14</b> CHO (A) Chicken Cacciatore 3.3 Penne Pasta 21.2 Green Beans 6.8 Whole Wheat Bread 12 Chocolate Chip Cookie 25.9 Milk 11.3 Margarine 0 (B) Beef Marinara Sauce 5.1	<b>15</b> CHO (A) Glazed Ham   3.5 Cut Yams 25.1 Whole Kernel Corn 21.3 Cornbread 22.5 Cinnamon Applesauce 16.7 Milk 11.3 Margarine 0 (B) Honey Mustard Chicken 11.4	<b>16</b> CHO (A) Swedish Meatballs 9.9 Mashed Potatoes 14.8 Broccoli 4.1 Whole Wheat Bread 12 Butterscotch Pudding 27.1 Milk 11.3 Margarine 0 (B) Turkey A La King  15	<b>17</b> CHO (A) Homemade Meatloaf Brown Gravy 7.5 1.4 Baked Potato 21.3 Brussels Sprouts 8.3 Whole Wheat Bread 12 Raspberry Fruited Gelatin 30.1 Milk 11.3 Margarine/Sour Cream 1.9 (B) Roasted Turkey Poultry Gravy  1.5 1.4	<b>18</b> CHO (A) Chicken Tikka 5 Buttered Rice 22.7 Green Peas 13 Naan Dippers 15.1 Orange 11.2 Chocolate Milk 30.6 (B) Vegetable Bean Stew 34.5	<b>19</b> CHO (A) Beef Marinara Sauce 5.1 Penne Pasta 21.2 Green Beans 6.8 Whole Wheat Bread 12 Chocolate Chip Cookie 25.9 Milk 11.3 Margarine 0 (B) Chicken Cacciatore 3.3	<b>20</b> CHO (A) Honey Mustard Chicken 11.4 Cut Yams 25.1 Broccoli 21.3 Whole Wheat Bread 22.5 Cinnamon Applesauce 16.7 Milk 11.3 Margarine 0 (B) Glazed Ham   3.5
<b><i>This Week's Deli Meal</i></b> Krab Salad 20.4 Tossed Salad 4.9 Wheat Crackers 7.7 Cinnamon Applesauce 16.7 Milk 11.3 Ranch Salad Dressing 2.5	<b>21</b> CHO (A) Beef w/Mushroom Gravy 4.5 Mashed Potatoes 14.8 Green Peas 12.9 Whole Wheat Bread 12 Applesauce 16.6 Milk 11.3 Margarine 0 (B) Garlic Rosemary Chicken 0.7	<b>22</b> CHO (A) Broccoli Cheese Soup 14.9 Northern Beans 19.4 Saltine Crackers 8.9 Whole Wheat Bread 12 Hot Spiced Pears 23.9 Milk 11.3 Margarine 0 (B) Shepherd's Pie 24.7	<b>23</b> CHO (A) Pork Carnitas  t.9 1 Lettuce & Tomato 22.8 Cilantro Lime Rice 8.4 Fiesta Veg Blend 17.8 Flour Tortilla 17.5 Apple 11.3 Milk 1.8 Taco Sauce 16 (B) Chicken Taco 3.2	<b>24</b> CHO (A) Hamburger Lettuce/Tomato/Onion Ketchup/Mustard 2 2.8 2.8 Baked Sweet Potato 31.4 Whole Kernel Corn 21.3 Wheat Hamburger Bun 30 Orange 27 Milk 11.3 Margarine 0 Salad Dressing 16 (B) BBQ Chicken 16	<b>25</b> CHO (A) Turkey Ham & White Beans 20 Green Beans 6.8 Mashed Potatoes 1.7 Tossed Salad 12 Whole Wheat Bread 27.9 Banana 30.6 Chocolate Milk 11.3 Margarine 0 Salad Dressing 1.7 (B) Macaroni & Cheese  43.5	<b>26</b> CHO (A) Garlic Rosemary Chicken 0.7 Mashed Potatoes 14.8 Hot Spiced Pears 12.9 Milk 11.3 Margarine 0 (B) Beef w/Mushroom Gravy 4.5	<b>27</b> CHO (A) Shepherd's Pie 24.7 Whole Wheat Bread 12 Hot Spiced Pears 23.9 Milk 11.3 Margarine 0 (B) Broccoli Cheese Soup Northern Beans Saltine Crackers 14.9 19.4 8.9
<b><i>This Week's Deli Meal</i></b> Asian Chicken Salad* 7.3 *Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressina Wheat Crackers 7.7 Pineapple Tidbits 30.6 Milk 11.3	<b>28</b> CHO (A) Meatball Soup  18.3 Whole Wheat Bread  12 Cheesy Whipped Potatoes 21.9 Hot Spiced Apples 18.6 Milk 11.3 Margarine 0 (B) Hot Ham & Cheese Sandwich   29.5	<b>29</b> CHO (A) Pesto Chicken 8.9 Parslied Rotini 10.9 Green Peas 12.9 Garlic Texas Toast 15.8 Brownie 27.1 Milk 11.3 Margarine 0 (B) Ground Beef Stroganoff 24.9	<b>30</b> CHO (A) Salisbury Beef Brown Gravy 5 1.4 Roasted Red Potatoes 11.3 Green Beans 6.8 Whole Wheat Bread 12 Orange Fruited Gelatin 27.9 Milk 11.3 Margarine 0 (B) Creamy Paprika Chicken  8.1	<b>31</b> CHO (A) Baked Chicken Poultry Gravy 0 1.4 Rice Pilaf 27.1 Tossed Salad 1.7 Whole Wheat Bread 12 Apple 17.5 Milk 11.3 Margarine 0 Salad Dressing 1.7 (B) Herbed Pork Loin Brown Gravy  1.1 1.4			

PLEASE NOTE: To change your menu option, cancel a meal, or are unable to be home for delivery, please call 515-699-3240 by 11:00 the prior business day to avoid a fee.



Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate



Denotes pork in recipe